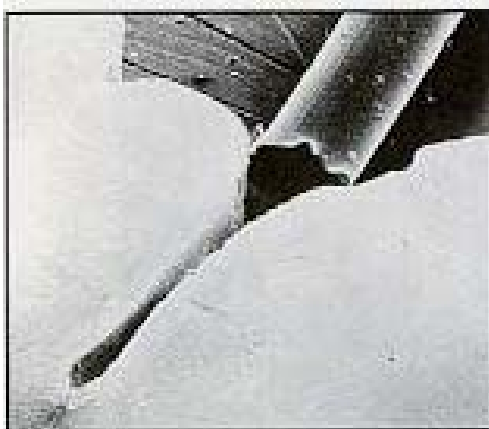


Dental Disease Prevention

- **Use Products Containing Fluoride**
- **Brush at Least Twice a Day**
- **Floss Once a Day**
- **Visit Your Dentist At Least Once a Year**
- **Dental Sealants – A thin plastic coating placed on the biting surfaces of back teeth. Sealants create a barrier to food, bacteria and acid, helping to prevent tooth decay.**



**One Toothbrush Bristle
Next to a Groove in a Tooth**



Unsealed Tooth



Sealed Tooth

DENTAL SEALANT PLACEMENT

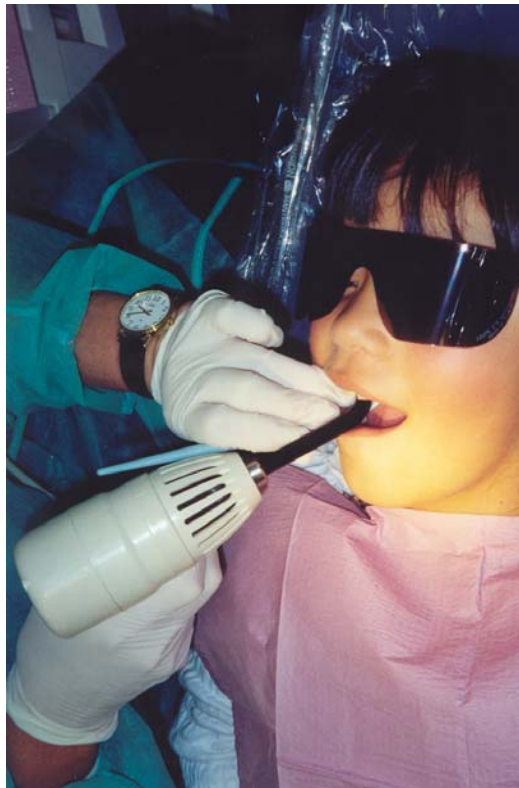
1.



2.



3.



4.



Dental sealants protect teeth by creating a barrier to food, bacteria and acid.

1. The person sits in the dental chair.
2. Sunglasses are sometimes used to protect your eyes.
3. The top of the tooth is cleaned.
4. Cotton is used to keep the tooth dry.
5. The sealant material is painted onto the biting surface of the tooth. The material is liquid and flows into the grooves of the tooth.
6. Sometimes a bright light is shined on the tooth to make the sealant material hard. That sealant material is light sensitive, meaning that when light is shined on it, it gets hard or sets up. Some sealant materials do not need the light to set up or become hard.
7. The light machine can sound like a hair dryer.
8. The tooth now has a sealant on the biting surface to help protect it from decay.
9. The teeth may feel funny when you bite down, but that feeling will go away after a day or so.
10. Sealants help to protect the biting surfaces your teeth from decay, but you still need to brush your teeth, gums, and tongue at least twice a day and floss once.
11. Dental sealants plus fluoride can help wipe out decay.